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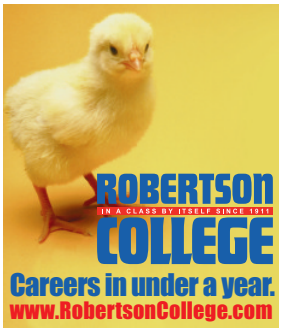

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World Cup

Goal spree

ARMANDO FRANCA/THE ASSOCIATED PRESS

North Korea's An Yong Hak, left, and Portugal's Cristiano Ronaldo vie for the ball during their World Cup group G soccer match in Cape Town, South Africa, yesterday. Portugal won 7-0. More coverage, pages 11 & 16.

City auditor gets axed

McTaggart's office failed to meet industry standards: Report

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Council has swiftly shown the door to the city's auditor after a two-hour closed-door meeting following an external review.

Mayor Dave Bronconnier said Tracy McTaggart's dismissal, effective immediately, was not because of her recent procurement audit report, where the question of fraud was raised. Rather, he said, it was because an external review of her office found it failed to live up to industry standards, meeting only two out of 11 standards fully, and partially meeting another four.

Tracy McTaggart

"There are glaring gaps, a lack of skills, a lack of all the requirements necessary to complete the international standards," Bronconnier said, adding the Pricewaterhousecoopers report came back with findings the city could not ignore.

"Unfortunately, that meant city council needed to take corrective and swift action to deal with that and today that action was taken."

McTaggart recently criticized the city's procurement practices, but Ward 11 Ald. Brian Pincott, the audit committee chair, said an audit on McTaggart was actually initiated a year ago.

She had six months left on her city contract, and the mayor said she would be paid out.

After a two-hour in-camera discussion, council came back to vote on recommendations and Ward 10's Andre Chabot was the sole alderman to vote against McTaggart's dismissal.

"I think to some degree council has some responsibility here, because some of it has to do with the policy council established for the auditor to follow, and in my opinion she followed those recommendations," Chabot said.

"I think she should be given a chance to correct the deficiencies."

But Pincott said the problem goes back a lot further and the next review will be in less than the recommended five years.

"We will look for a new auditor as soon as possible," Pincott added.

Police presence possible at 911 centre

DISPATCH More of a police presence in the city's beleaguered 911 operations centre may be coming down the pipe, according to city officials.

Mayor Dave Bronconnier confirmed he's been in talks with police Chief Rick Hanson regarding yesterday's review into four recent 911 calls and their mishandling.

"911 centre operators do a fantastic job, but seeing four incidents that caused concern, we want to make sure our operators have the utmost training," Bronconnier said.

A review into operations will call for more of a police presence at the centre, though how that will be conducted hasn't been determined yet. The review was ordered by the mayor earlier this month.

"911 is invaluable ... and we can't have anyone second guess the system and we can't have operators second guessing themselves, and if they need resources let's get it there."

Police spokesperson Kevin Brookwell said while the details will be determined, there could be a 24-hour, seven-day-a-week officer presence at the call centre to provide knowledge and assist with the "low-frequency, high-risk" phone calls.

Public Safety Communications spokesperson Steve Dongworth said they will reserve comment until a press conference this afternoon.

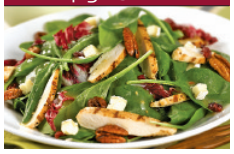
KRISTA SYLVESTER/ METRO CALGARY

ReelMetro

Robin Kuniski

Calgary videographer's lighter side of city life at metronews.ca/reelmetro

Food pg 19



Make a meal out of salad

Celebrity Buzz pg 22

Prince Harry single again

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Local

Council OK's Cultural Capital bid

City council endorsed a bid for the designation as the 2012 Cultural Capital of Canada — an annual national awards initiative that recognizes achievements in Canadian cities' commitment to local arts and culture. A contribution of $667,000 will be invested if Calgary is designated. Several events have significant milestone anniversaries in 2012, including the Calgary Stampede, City of Calgary Recreation, the Calgary Public Library and the Grand Theatre. METRO CALGARY

News in brief

MISSING A 28-year-old Calgary male is considered missing after being submerged in the Highwood River Sunday evening. Okotoks RCMP responded to reports of the man needing assistance after jumping into the river near Nature's Hideaway Campground. Swift currents and murky water hampered search efforts.

METRO CALGARY

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The sounds of the World Cup

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Maybe a song about the World Cup's notorious vuvuzela stadium horn could create more buzz than the South African instrument itself.

Calgary musician Alec Harrison was one of the people behind a musical score created for ESPN to help viewers understand the tradition behind the vuvuzela. It's some of the music created in conjunction with the U.S. sports network's ongoing World Cup soccer coverage.

"We did a minute and a half clip about the vuvuzela horn everyone is talking about and it gives a bit of culture of where it came from and why people are so proud of it," Harrison said from his Calgary home studio. "But we bring a lot of the South African culture and their voices through the work and just put music around it."

Harrison, through Redshift Studios, has worked with John Iaquinta of Six Degrees Music to compose several "trailers" for World Cup coverage since March, though he doesn't get to see most of his handiwork.

"ESPN is American so I haven't really seen much but it's pretty neat knowing there are 100 million people watching and seeing what we've done," he said, adding they also created the opening score for the games.

Harrison began composing and producing musical scores out of his Okotoks high school and ever since has helped create music for soundtracks, video games, television and film.

"I really enjoy the creative process of collaborating with others. It's a pretty solitary job when you work in the studio alone, so that connection and the creative outcome is really fulfilling."

SHELBY BORYS/FOR METRO CALGARY

Alec Harrison had the task of composing the musical score for this season's World Cup soccer coverage on ESPN.

TV tunes

- Harrison's music has also appeared on TLC, TSN, Slice, Discovery, and History Television.

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Stony Plain Mountie dead after collision

CRASH An RCMP officer barely seven months into her career was killed in a traffic accident yesterday.

Const. Chelsey Alice Robinson died shortly after midnight when her vehicle was broadsided by a semi-trailer near a highway west of Edmonton.

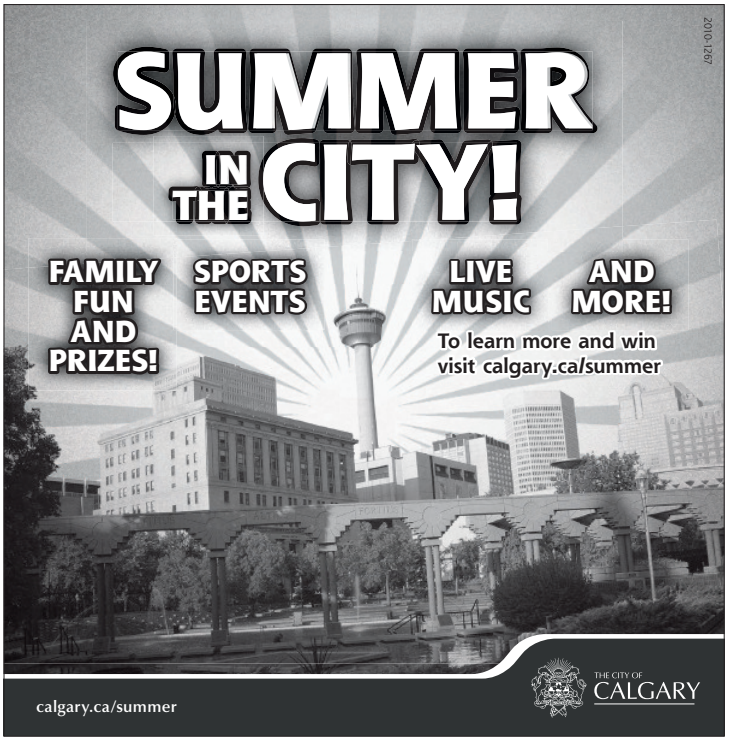
Robinson

Robinson was responding to a report of an impaired driver going the wrong way in the westbound lane of Highway 16 when her marked cruiser was struck by the truck.

"She was taken to hospital, where she died of her injuries," said Sgt. Tim Taniguchi.

Robinson, 25, was married with no children. Her fellow members from the Stony Plain detachment were the ones who responded to the accident.

THE CANADIAN PRESS



Alcohol, speed believed factors in fatal crash, say police

A motor vehicle collision resulted in the death of a 51-year-old woman late Sunday night on Crowchild Trail NW. Her PT Cruiser struck a pickup truck head-on after colliding with a barrier and careening across a raised grass median. Alcohol consumption and excessive speed are believed to be contributing factors. METRO CALGARY

Build, don't 'buy talent,' report tells energy firms

LABOUR CRUNCH Energy companies should build talent within their own ranks before the next labour crunch hits rather than look outside when they're in the midst of a shortage, a human resources consulting firm said in a report yesterday.

Many in Alberta's oilpatch adopted a "buy talent" strategy during the boom times between 2006 and 2007, scrambling to fill jobs with workers from across Canada and abroad. Salaries and wages spiralled out of control as energy firms vied against one another for labour.

"I think if you talk to HR executives in the energy sector, they'll tell you they don't want to go back to that," said Stephen Doitte, Mercer's talent management consulting leader for Canada.

Assuming employment demand grows by four per cent annually, Mercer predicts Canada's energy sector will be short some 24,000 workers by 2014.

THE CANADIAN PRESS

News in brief

OFF-ROAD A 10-year-old male suffered serious non-life-threatening injuries in an off-road vehicle collision near Cochrane Sunday afternoon. Investigators determined that the boy was riding an ATV quad without permission when it crashed into a wooded ditch. RCMP continue to investigate.

CHICKENS Alderman voted to approve recommendations made at the committee level to toss a possible pilot project that would have allowed select families to trial urban chickens in their backyards. Now, those raising chickens in their backyard are subject to a removal notice and fines up to $200.

METRO CALGARY

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Blast deaths suspect: Cops

Police seek explosion's cause

ANDREAS MORSE
Metro Canada

Homicide detectives are leading the investigation into the Edmonton blast that claimed four lives and crippled dozens of homes Sunday.

Deputy police chief Darryl da Costa said it's still unclear why the explosion happened and the deaths are being treated as suspicious.

"I'm told by investigators that there's no indication at this point that the blast was caused by an explosive device or a drug lab," da Costa said.

He said it may take days or weeks to pinpoint the cause and residents who were displaced will be allowed back into their homes as soon as they're deemed safe.

At least two of the four victims of the north side house explosion on Father's Day had children of their own, according to a longtime friend.

The man who would only give his first name, Greg, said he grew up with the two men and was planning a barbecue with them for later that afternoon.

"I'm feeling disbelief. I'm still waiting for them to call and they won't."

"These events are horrific events as we all know and it's horrific to see, not just the physical damage but the emotional damage that so many people in this part of the city (are experiencing)," said Edmonton Mayor Stephen Mandel.

JOHN ULAN/THE CANADIAN PRESS

Edmonton Police Service investigators comb through the rubble yesterday of a residential explosion scene in a northeast Edmonton neighbourhood. Police have confirmed that four people were killed in the Sunday blast.

Council gives nod to study for skate parks

INFRASTRUCTURE Visions of nose-grinds mixed with a few McTwists could be coming soon to a neighbourhood near you.

City council approved yesterday Ald. Joe Connelly's plan to have a skateboard study and policy framework set up to explore increasing skate park infrastructure in Calgary.

Connelly

Connelly reeled off a number of ways Calgary lags behind in providing skaters with a place to ply their skills — including being the only one of 56 cities to not allow skateboard ramps to be built in city backyards.

"The problem now, your Worship, is we haven't looked at it in many years — and now we're overcrowded," Connelly said in council yesterday. "It becomes a safety issue with respect to people within the park and people outside the park."

Council debated the logic of having residents interested in building backyard skate parks go through the permit process.

Aldermen approved the study, and council was asked to report back by January of 2011.

DARREN KRAUSE/METRO CALGARY

Service Canada Centre for Youth
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The Service Canada Centre for Youth in Calgary invites you to the Youth Summer Job Fair.

When: June 23, 2010
10:00 a.m. to 3:00 p.m.

Where: Harry Hays Building
220 4th Avenue SE, Room 280
Calgary, Alberta

Who: Employers and youth between the ages of 15 and 30.

Why: The Youth Summer Job Fair is a great opportunity for youth to find summer employment. On-site interviews will be conducted and casual labour workshops will take place throughout the day.

Call us at 403-292-4001 for more information or visit us at 220 4th Avenue SE in Calgary!

Le Centre Service Canada pour jeunes de Calgary vous invite à participer au salon de l'emploi pour jeunes.

Date : Le 23 juin 2010
De 10 h à 15 h

Lieu : Édifice Harry Hays
220, 4th Avenue SE, bureau 280
Calgary (Alberta)

Participants : Employeurs et jeunes de 15 à 30 ans.

Objectif : Le salon de l'emploi pour les jeunes est une bonne occasion pour ces derniers de trouver un emploi d'été. Des entrevues seront effectuées sur place et des présentations sur nos services de main d'oeuvre temporaire auront lieu tout au long de la journée.

Pour plus d'information, appelez-nous au 403-292-4001 ou visitez-nous au 220, 4th Avenue SE à Calgary!

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Crimestoppers to stage re-enactment in hopes of tips

Crime Stoppers will be holding a re-enactment today to encourage the public to come forward with any tips in an incident where a man is alleged to have exposed himself to a 10-year-old girl. Anyone with information is asked to call 403-266-1234. METRO CALGARY

Woman faces kidnapping charges

ALLEGED ABDUCTION Redcliff RCMP have laid charges stemming from the alleged abduction of a toddler from her home in Redcliff. RCMP say 26-year-old Lola Katherine DeJong, of Medicine Hat, was charged and had her first court appearance yesterday. A second person is still in custody awaiting charges police said. The child's grandmother turned her into the RCMP yesterday. METRO CALGARY

Noise bylaw not urgent: Council

CITY HALL Efforts to get a city bylaw concerning noisy vehicles on to the council agenda yesterday were muffled after aldermen decided not to allow it as urgent business.

Ald. John Mar wanted to table the bylaw proposal, which would see bylaw services clamp down on vehicles louder than 96 decibels.

METRO CALGARY

Rain expected to ease up

Rain began falling yet again in southeastern Alberta yesterday, but concerns were diminishing that it would prompt the same destructive flooding that swept the area on the weekend.

JEFF MCINTOSH/THE CANADIAN PRESS

A farm sits flooded along the Trans-Canada Highway near Irvine, Alta., yesterday. Parts of the highway remain closed and some are underwater east of Medicine Hat. Parts of Alberta, Saskatchewan and Manitoba are recovering from severe flooding that has left farmland submerged, homes flooded, roads and rail lines washed out.

Moisture forecasts in Medicine Hat were downgraded to 30 millimetres for the day — down from 70 mm that would likely have seen low-lying areas of the city inundated once again.

Fire Chief Ronald Robinson admitted to feeling "somewhat relieved."

"At this time, the South Saskatchewan River is flowing lower than was anticipated, so we don't believe that the same impact will occur as was experienced this weekend."

Residents of about 600 homes were still on alert and roughly 230 houses were placed on voluntary evacuation notice, he said.

The rain was expected to taper off in Alberta today and move into Saskatchewan, where Environment Canada issued severe thunderstorm warnings for southwestern Saskatchewan and extended weather watches east past Regina. The storms could produce rainfall totalling 50 mm or so in one hour. The national weather forecaster also said there was a risk of tornadoes yesterday afternoon in south-central areas of Saskatchewan.

It said there had been reports of funnel clouds and of a brief tornado earlier in the day.

The Trans-Canada Highway was still closed between Medicine Hat and Maple Creek, Sask., one of the hardest hit areas in that province.

THE CANADIAN PRESS

Scientist retracts slam on oil critics

ENVIRONMENT Legal pressure has forced a senior Alberta government scientist to retract highly public statements saying two prominent oilsands critics lied and fudged their data.

In a letter to the scientists he questioned, Preston McEachern — head of oilsands research for Alberta Environment — now says he was the one who lied.

"The statements in my presentation that you did these things were false and I regret very much that I made these statements," he said in a letter to Peter Lee of Global Forest Watch and independent biologist Kevin Timoney.

"We are just simply trying to do our jobs and ask questions based on the data," Timoney said yesterday. THE CANADIAN PRESS

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Officials check zoos for stolen animals

Quebec provincial police have checked with zoos to see if they've been offered a stolen tiger and two camels whose theft has made international headlines. The three beasts vanished last week when thieves made off with the truck and trailer taking them to the Bowmanville, Ont., zoo. THE CANADIAN PRESS

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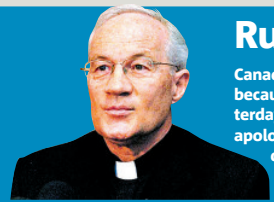

Rumoured promotion draws fire

Canada's highest-ranking Catholic doesn't deserve a rumoured promotion to the Vatican because of the way he's handled the church sex-abuse scandal, a victims' group said yesterday. The group's founder said Marc Cardinal Ouellet, left, had repeatedly refused to apologize for crimes committed within the church, and for the hundreds of lives destroyed. Pope Benedict is reportedly set to name the prominent cardinal to the powerful Congregation of Bishops. THE CANADIAN PRESS

Ottawa should stand up to the provinces: Report

It's been a long time since anyone argued that the federal government needs more power, but a new report is calling for Ottawa to stand up for itself against the provinces and bring in an economic charter of rights for Canadians.

Exactly 20 years since the death of the Meech Lake constitutional accord — an epic Canadian struggle between federal and provincial power — a new think-tank is arguing that Ottawa needs to flex its muscles against the provincial barriers to free trade of goods and services within Canada.

The demand flies in the face of conventional political wisdom, especially from Prime Minister Stephen Harper's Conservative government, that Ottawa shouldn't get in the way of provincial power. But Ottawa is simply too afraid of the provinces to claim its rightful, constitutional powers over the economy, says Brian Crowley, head of the Macdonald-Laurier Institute, a new public-policy research centre in Ottawa.

"Only a failure of federal nerve has prevented the forceful exercise of this clear power and that failure of nerve, motivated chiefly by a fear of offending the provinces, leaves vital interests of Canadians unprotected," he said yesterday.

The report, titled Citizen of One, Citizen of the Whole, says that Canada needs an economic charter of rights, which would go a long way to building a strong, national identity, and make it easier for citizens to buy or sell goods.

The call for an economic charter of rights has been endorsed by key figures from the left and right of the Canadian political spectrum — among them Thomas d'Aquino, former head of the Canadian Council of Chief Executives, as well as Tom Axworthy, former principal secretary to prime minister Pierre Trudeau.

Trudeau, in fact, was probably the last and most vocal prime-ministerial proponent for the idea of a strong Canadian federal government. Since then, prime ministers have been reluctant to take any steps to enhance or define Ottawa's power in the face of rising provincial power.

TORSTAR NEWS SERVICE

Avoiding talks

- The Charlottetown accord, brokered in 1992, contained provisions toward a stronger economic union. But it collapsed after being put to a national referendum. Since then, Ottawa has largely avoided negotiations with the provinces over powers.

IED claims another Canadian

WAR A Canadian soldier on his fourth tour of Afghanistan has become the latest victim of the war against the Taliban.

Sgt. James MacNeil, 28, of Glace Bay, N.S., was killed by an improvised explosive device yesterday morning near the village of Nakhonay after he had dismounted from his armoured vehicle.

Nakhonay is in the Panjwaii district which is known as the birthplace of the Taliban. It has been a bloody battleground for Canadian troops since they arrived in Kandahar province in strength four years ago. Dozens of Canadians have been killed or wounded in the restive district.

MacNeil

While villages and towns have been repeatedly cleared, the Taliban have quietly reasserted themselves in parts of the region.

IEDs have been the single biggest cause of death among Canadian troops in Afghanistan. Eight out of the 10 Canadian deaths this year were the result of an IED blast.

In all, 89 of the 148 Canadian fatalities in the eight-year-old mission came about from IEDs — which include roadside bombs and some other type of explosives, according to the Department of Defence.

Prime Minister Stephen Harper paid tribute to MacNeil and sent condolences to his family, friends and comrades.

THE CANADIAN PRESS

Cancer **Metro pitches in**

ADY PINTO/FOR METRO TORONTO

Metro Toronto is proud to support the Canadian Breast Cancer Foundation and Prostate Cancer Canada through proceeds raised at the 2010 Metro golf tournament. From left: Grant Newbigging, Metro Toronto senior national account manager; Bill McDonald, Metro English Canada group publisher; Savitri Ponnambalam, Canadian Breast Cancer Foundation; Charlene Criscione, Prostate Cancer Canada; Irene Patterson, Metro Toronto associate publisher; Jessica Fife, Metro Toronto marketing and promotions assistant.

News in brief

FUNDRAISER The vice-principal of a school in rural Nova Scotia has raised almost $60,000 in pledges as she prepares for a cross-Canada bike ride to raise funds for childhood cancer research. Gym teacher Suzanne Delaney says training for the 15-day, 7,000-kilometre ride is going well. Delaney, who'll be one of 43 riders taking part in the annual Sears National Kids Cancer Ride, will receive a cheque at an assembly today. The event starts Sept. 9 in Vancouver. THE CANADIAN PRESS

Top U.S. military officials appeal for ally support in anti-Taliban mission.

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White House defends Obama golf outing

A White House spokesman says the U.S. benefits when President Barack Obama takes time to go golfing and "clear his mind." Obama spokesman Bill Burton yesterday defended Obama's leisure activities amid some Republican criticism that Obama should not be scheduling fun time during the Gulf oil spill crisis. THE ASSOCIATED PRESS

World

Ethiopian PM re-elected

Ethiopia's election board says the ruling party has won national elections by a landslide. Board chairman Merga Bekana said yesterday's final results install Prime Minister Meles Zenawi, left, for another five years and give his party the majority of seats. Bekana said the May 23 poll was peaceful, fair, credible and free. THE ASSOCIATED PRESS

Land of bikinis getting fat?

BRAZIL A study says the South American country known for its bikinis is expanding at the waist. The Health Ministry notes that in 2009, 46.6 per cent of Brazil's 190 million people were overweight.

That's up from 42.7 per cent in 2006.

The study is based on interviews with 54,000 adults. The result: 51 per cent of men and 42.3 per cent of women are overweight.

THE ASSOCIATED PRESS

$1B a month and counting for BP

OIL SPILL BP has spent $2 billion US in two months of fighting its Gulf of Mexico oil spill and compensating victims, with no end in sight to the disaster or the price tag.

The British oil giant released it's latest tally of response costs yesterday, including $105 million paid out so far to 32,000 claimants. The figure does not include a $20-billion fund that BP PLC last week agreed to set up to continue compensating Gulf residents and businesses.

There are also scores of lawsuits piling up against BP for the April 20 rig explosion that killed 11 workers and ensuing oil spill that has yet to be capped.

Shares of BP, which have lost about half their value since the rig Deepwater Horizon burned and sank, were down nearly five per cent yesterday in London trading at $5.06.

THE ASSOCIATED PRESS

Relatives of murdered sweetheart couple hope culprit finds "special place in hell."

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News in brief

NEW YORK A Pakistan-born U.S. citizen pleaded guilty yesterday to carrying out the failed Times Square car bombing, saying he wanted it known that unless the U.S. stops attacking Muslim lands, "we will be attacking U.S."

Faisal Shahzad, 30, entered the plea in U.S. District Court in Manhattan just days after a federal grand jury indicted him on 10 terrorism and weapons counts, some of which carried mandatory life prison penalties. Shahzad made the plea and an accompanying statement as U.S. District Judge Miriam Goldman Cedarbaum began asking him a lengthy series of questions to ensure he understood his rights. She did not immediately accept the plea.

The Bridgeport, Conn., resident was arrested trying to leave the country May 3, two days after a gasoline-and-propane bomb failed to ignite in an SUV parked near a Broadway theatre.

THE ASSOCIATED PRESS

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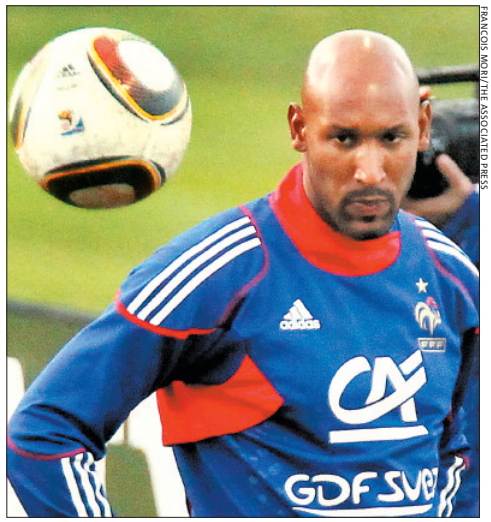

FRANCOIS MORI/THE ASSOCIATED PRESS

French striker Nicolas Anelka was expelled from the team after reportedly unleashed a volley of insults at coach Raymond Domenech after being criticized for France's loss to Mexico.

Political football

France in near-crisis over World Cup

When France won the World Cup in 1998, poll numbers of top French political leaders surged and the country claimed vindication for its model of assimilating ethnic minorities from former African colonies.

How times have changed.

Instead of projecting an image to the world of racial harmony steeped in Republican values of liberty, equality, and fraternity, this year's squad has plunged into fratricidal conflicts playing out in the locker rooms, the press, and most crucially on the playing field.

It isn't just that the "Bleus" — as the national team has been affectionately known in better days — have turned in back-to-back dismal performances that have left them winless and on the verge of elimination.

What has riled the French perhaps even more has been the surreal spectacle of their sporting heroes refusing to train, their star striker being sent home after an obscene locker-room tirade.

The fortunes of the football team have also taken on a political dimension at a time when Sarkozy's poll numbers have been sagging and the national mood was already soured by austerity measures announced in a tough economic climate.

Sarkozy's rivals on the left and right have wasted no time in trying to win points from the World Cup fiasco. A Socialist lawmaker went so far as to see a political parable in the sporting disaster: Conservative Sarkozy, suggested Jerome Cahuzac, has fostered the kind of selfish individualism shown by the super-rich players of the French team, to the detriment of the national interest.

THE ASSOCIATED PRESS

'Dignity'

- The crisis has spurred French President Nicolas Sarkozy into action. Over the weekend, he ordered his sports minister to prolong her stay in South Africa to knock some sense into France's bickering squad. "He like myself, we are taking note of the indignation of the French people and calling for dignity and responsibility," said Roselyne Bachelot.

Iran says it bans two UN nuclear inspectors
Iran said yesterday it had banned two UN nuclear inspectors from entering the country. THE ASSOCIATED PRESS

Not great timing

North Korea airs live game, team loses 7-0

North Korea picked the wrong moment to allow its people to see a bit more of the outside world.

The authoritarian regime was so proud of its soccer team in the World Cup that it allowed an unprecedented live broadcast back home of the match against Portugal — a rarity for the communist nation that normally exerts strict control over the media.

What ensued was a different sort of history: North Koreans, used to seeing only positive news about their reclusive country, watched as their soccer team received the worst drubbing so far in this year's tournament and was prevented from advancing to the next round.

As the 7-0 loss to Portugal concluded, the North Koreans quickly halted yesterday's coverage. It then cut to factory workers and engineers praising North Korean leader Kim Jong Il.

Kim and his totalitarian leadership allow only one state-run TV channel, ban shortwave foreign radio broadcasts and restrict outside Internet access to the elite. Yet coverage of the 2010 World Cup has been unprecedented, with state TV airing tape-delayed video of a number of matches in full — including that of rival South Korea — despite questions about how the broadcaster would get the feed.

In the past, only snippets of World Cup games were shown, sometimes weeks later.

Negotiations began last year to provide video again but stalled amid rising tensions over the sunken warship. South Korea's SBS television, which owns the broadcast rights for the entire Korean peninsula, said it would not beam the World Cup to North Korea.

But in a last-minute deal, Malaysia-based Asia-Pacific Broadcasting Union offered North Korea free live coverage.

THE ASSOCIATED PRESS

AHN YOUNG-JOON/THE ASSOCIATED PRESS

A South Korean fan in Seoul cheers on North Korea yesterday.

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Comment

PM's message control

NationalReport
Lawrence Martin

metronews.ca/nationalreport

Anyone who has worked with Stephen Harper will tell you his No. 1 priority is message control. Control the message and you control outcomes.

That's why, upon becoming prime minister in 2006, he put in place the most all-encompassing vetting system Ottawa had ever seen. Nothing could go out, not even the most minor of communications, without approval from head office.

But to control the message, you have to have influence in the media. So how's this for a coup? Harper now has one of his former directors of communications, Kory Teneycke, as de facto boss of Sun Media coverage. The same Teneycke is also leading the bid from the same organization to create a new conservative television network.

Kory Teneycke

On the newspaper side, Teneycke has already overhauled Sun Media's Ottawa bureau. Several good reporters have been moved out. The replacements are good reporters as well. But anyone who doesn't think they will be under pressure to provide a Conservative spin is deluding themselves. The changes were made for a purpose. The purpose was hardly to have the new hires rushing out to hold the government's feet to the fire.

On the TV side, the new network needs regulatory approval to get up and running. The CRTC will be under tremendous pressure to provide it. As has been demonstrated, Harper does not take kindly to tribunals or commissions that go against his wishes. Those who sit on them can be replaced or have their decisions overturned. Chances of the PM standing idly by and watching this network proposal get shelved are next to nil. The new network won't be as biased as Fox News in the United States, its promoters claim. But in attacking the work of the CBC's Don Newman, they showed their true colours. If they had one-half the experience, the depth and the erudition of Newman, they should consider themselves lucky.

Having one of his former promoters running Sun Media is just one of two great media turns for the prime minister. The other was the recent auction of the Canwest newspapers. Just when it looked like the conservative flagship, The National Post, and the chain's other big-city newspapers were about to be taken over by liberally inclined buyers, Canwest's Paul Godfrey came to the rescue with an 11th-hour bid that will keep the papers in the conservative stable.

Harper stood on the verge of losing the media balance of power in the country. Not only has he maintained it. He has now increased it.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Worth mentioning

Afghan opiate use doubles in five years

Drug addicts as young as one month old. Mothers who calm their children by blowing opium smoke in their faces. Whole communities hooked on heroin with few opportunities for treatment.

Use of opiates such as heroin and opium has doubled in Afghanistan in the last five years, the UN said yesterday, as hundreds of thousands of Afghans turn to drugs to escape the misery of poverty and war.

Nearly three per cent of Afghans aged 15 to 64 are addicted to opiates, according to a study by the UN Office on Drugs and Crime. The UN defines addicts as regular users.

That puts Afghanistan, along with Russia and Iran, as the top three countries for opiate drug use worldwide, according to Sarah Waller, an official of the UN's drug office in Kabul. She said a 2005 survey found about 1.4 per cent of Afghan adults were opiate addicts.

53

According to the UN report, the number of regular opium users jumped 53 per cent to 230,000 in 2009 from 150,000 in 2005, while regular heroin users more than doubled to 120,000 from 50,000.

The data suggest that even as the U.S. and its allies pour billions of dollars into programs to try to wean the Afghan economy off of drug money, opium and heroin have become more entrenched in the lives of ordinary Afghans. That creates yet another barrier to international efforts to combat the drug trade, which helps pay for the Taliban insurgency.

Afghanistan supplies 90 per cent of the world's opium, the main ingredient in heroin, and is the global leader in hashish production. Drug crops have helped finance insurgents and encourage corruption, particularly in the south where the Taliban control cultivation of opium poppies and smuggling routes.

Almost one million Afghans — eight per cent of the 15 to 64 age group — are regular drug users, addicted to opiates, as well as cannabis and tranquilizers, according to the report, which was based on surveys of about 2,500 drug users, community leaders, teachers and doctors.

THE ASSOCIATED PRESS

Worth mentioning

Time to gaze at clouds or take a deep breath

Yesterday was International Slowness Day and the best way to celebrate, according to one of its organizers, was to take a deep breath. Or maybe stare at the clouds passing by.

Clemence Boucher, a Montreal community worker, got together with some friends in 2001 and picked June 21 — the longest day of the year — to kick off her movement.

The mother of three said she first thought of the idea of a slowness day in March 2001 during a period when she was under a lot of stress.

Her movement is taking off ... slowly.

Nine years into the event, there were a few dozen participants at a downtown Montreal park yesterday, all relaxing and enjoying music, art and yoga. Use of electricity was a no-no and there were no blaring loudspeakers to stress anyone out.

Boucher had suggestions for how to celebrate International Slowness Day.

"Laugh at yourself, don't take yourself seriously, watch beards grow, gaze at the clouds, have fun, do nothing." THE CANADIAN PRESS

Quote of the Day

"It's a priority, but the problem (is) this is an unprecedented event in this area. No one's ever seen it. We have no historic records of tributaries doing what they're doing right now, so until the event's over, it can be evaluated and the repairs done, we're in a waiting mode."

— ALBERTA AGRICULTURE MINISTER JACK HAYDEN, WHO TOOK AN AERIAL TOUR YESTERDAY OF SOUTHEASTERN ALBERTA, WHERE THERE'S BEEN SEVERE FLOODING DUE TO HEAVY RAIN. THE CANADIAN PRESS

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Via Rail plans basic services if workers strike
Via Rail Canada said yesterday it will run a basic schedule of train services across Canada if the 2,200 ticketing vendors and maintenance staff represented by Canadian Auto Workers go on strike Sunday at midnight. METRO NEWS SERVICES

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Envy of the world

World leaders look at Canada for solutions

Canada thinks it can teach the world a thing or two about dodging financial meltdowns.

The 20 world leaders at an economic summit in Toronto this weekend will find themselves in a country that has avoided a banking crisis where others have floundered, and whose economy grew at a 6.1 per cent annual rate in the first three months of this year. The housing market is hot and three-quarters of the 400,000 jobs lost during the recession have been recovered.

World leaders have noticed: President Barack Obama says the U.S. should take note of Canada's banking system, and Britain's treasury chief is looking to emulate the Ottawa way on cutting deficits.

G20 Summit

George Osborne, Britain's treasury chief, has vowed to follow Canada's example on deficit reduction.

"They brought together the best brains both inside and outside government to carry out a fundamental reassessment of the role of the state," Osborne said in a speech.

The land of a thousand stereotypes — from Mounties and ice hockey to language wars and lousy weather — is feeling entitled to do a bit of crowing as it hosts the G20 summit of wealthy and developing nations.

"We should be proud of the performance of our financial system during the crisis," said Finance Minister Jim Flaherty in an interview with The Associated Press. THE ASSOCIATED PRESS

Good news for the economy: The commercial real estate market is on the rise.
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NYSE Meatloaf rocks exchange

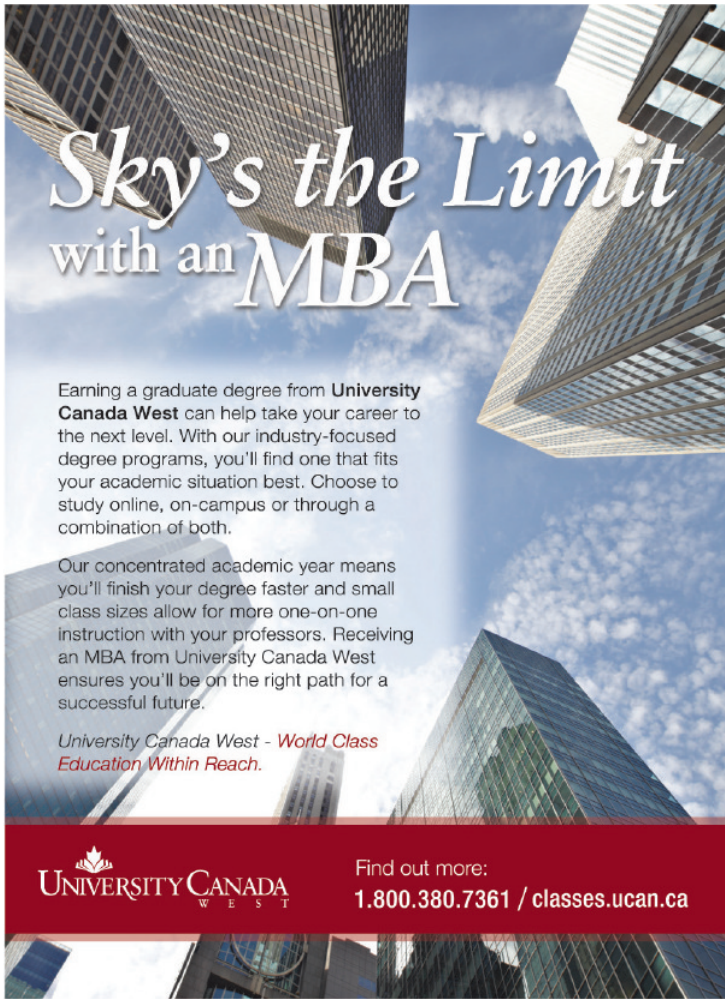
RICHARD DREW/THE ASSOCIATED PRESS

Bat Out Of Hell rock icon Meatloaf rings the opening bell of the New York Stock Exchange yesterday in New York. Meatloaf is headed for Canada to play concerts this summer.

Business in brief

LAWSUIT A Canadian toy maker is suing Crayola, alleging the U.S.-based crayon and marker maker has infringed on one of its trademark names. Spin Master Ltd., a Toronto-based company that produces the Liv dolls and bills itself as North America's third-largest toy company, said yesterday it will "fight vigorously" to defend its trademarks.

SOCCER Adidas AG, the world's second-largest sporting goods maker, increased a forecast for record soccer-related revenue this year after sales of World Cup team jerseys more than doubled compared with the 2006 tournament. Adidas is sponsoring 12 teams at the month-long World Cup, which is being played until July 11 in South Africa, as well as the tournament itself. The company is vying for leadership in the world's most popular sport with larger rival Nike Inc., which outfits 10 nations under its own and the Umbro brand. METRO NEWS SERVICES



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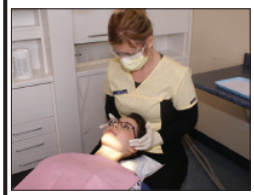

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Dos and don'ts for a good credit score

AlisonOnMone

by Alison Griffiths
griffiths.alison@gmail.com

When was the last time you checked your credit history and score? If it was within six to 12 months go to the head of the class. If you said never or a couple of years ago then you don the dunce cap.

A strong credit score has never been more important. A poor one can stand in the way of everything from getting a car loan, a mortgage or even renting an apartment.

You can access an abbreviated credit report free from equifax.ca or transunion.ca. A full report plus your score will cost from $7.95 to $23.95. A credit score of 750 or above from either agency is considered good.

Here are some tips for a credit history.

- Do pay your bills on time. Late payments will drag down your score.
- Do pay at least the minimum plus a bit more on any bill, loan, line of credit or credit card.
- Do check your monthly bank and credit card statements to make sure every charge is correct.
- Do read your credit card statements for changes to things like interest rates and fees.
- Do contact creditors (including utility, phone and insurance companies) if you are having trouble paying your bills. You may get some extra time before the company reports late or non-payments.
- Do build up a strong history with regular credit card use but pay the balance in full every month.
- Don't go over your credit card limit and don't dip into your overdraft regularly. Both will lower your credit score.
- Don't apply for too many retail credit cards. You may get a discount on purchases when you apply but having a large amount of credit available, even if you don't use it, can lower your credit score.
- Don't delay in reporting suspicious transactions on any bank account or credit card.
- Don't be tempted with Buy Now Pay Later schemes if your credit score is marginal or poor as many of them are actually credit cards and will affect your score.

Alison's Money Rule

- A healthy credit score is like a newborn. Treat it well and you'll receive a lifetime of dividends.

Alison Griffiths' show Maxed Out appears Wednesdays at 10:30 p.m.
alisongriffiths.ca

Choose the right insurance policy

HOME INSURANCE We all know we should insure our homes, but when it comes to choosing the right policy, many of us don't know what is — or isn't — covered. Answering some of the most common questions, Henry Blumenthal, vice-president and chief underwriter for TD Insurance, offers his insight.

What does a typical home insurance policy cover?

A standard home insurance policy will ensure that if something like fire, vandalism or theft occurs, your property will be looked after and your valuables replaced. This type of policy is called "named perils" since it provides protection based on a list of the most common risks.

When do you need additional insurance?

A standard home insurance policy has limitations in theft coverage for items, such as jewelry and furs, bicycles, cash, boats and motors. If you have any of these special items, it's a good idea to consider adding additional coverage to your policy. If you're unsure, call your insurance provider to confirm that your valuables are covered.

For more comprehensive building coverage, homeowners can opt for "all risk" coverage, which insures your building for everything unless it is specifically excluded from your policy. Given that your home is often your most valuable investment, most homeowners opt for all risk coverage.

Are there any considerations I should keep in mind when choosing a policy?

Depending on where you live, you may want to purchase additional coverage to protect your home from unique circumstances, such as earthquakes or flooding. For example, TD Insurance offers water damage coverage as an add-on to home insurance. While home insurance does offer some water damage coverage, there are limits to this protection. An insurance expert can help identify what additional coverage will best suit your needs.

Replacement cost

- Most standard insurance policies provide for the actual cash value (ACV) replacement of your belongings. This means you receive the value of the item, minus depreciation. To ensure that the contents of your home are valued at the current cost to replace them, you can choose to add replacement value to your insurance policy.

NEWS CANADA

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French coach slams players' protest

France coach Raymond Domenech says his players were acting like imbeciles when they protested Nicolas Anelka's expulsion by refusing to train for a match that will decide their World Cup future. France plays South Africa today. THE ASSOCIATED PRESS

World Cup

Slovenians confident

Slovenia captain Robert Koren, left, believes that England's lacklustre performances against the United States and Algeria have given his side confidence of a shock victory when the teams meet in their final World Cup group match tomorrow.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

World Cup in brief

2018 The leader of Australia's World Cup hosting bid says withdrawal from the 2018 race should win European votes for Australia's 2022 bid. Football Federation Australia chairman Frank Lowy said accepting the reality of Europe's claim on the 2018 tournament could benefit his own campaign.

RATINGS New Zealand's surprising 1-1 draw with Italy was the most-watched World Cup game in Canada over the weekend. An average of 1.631 million viewers tuned into CBC on Sunday to watch as defending champion Italy posted its second tie of the tournament.

METRO NEWS SERVICES

SCOREBOARD

GROUP A

	GP	W	D	L	GF	GA	Pts
Uruguay	2	1	1	0	3	0	4
Mexico	2	1	1	0	3	1	4
France	2	0	1	1	0	2	1
South Africa	2	0	1	1	1	4	1

TODAY'S GAMES

Mexico vs. Uruguay, 8 a.m.
France vs. South Africa, 8 a.m.

GROUP B

	GP	W	D	L	GF	GA	Pts
Argentina	2	2	0	0	5	1	6
South Korea	2	1	0	1	3	4	3
Greece	2	1	0	1	2	3	3
Nigeria	2	0	0	2	1	3	0

TODAY'S GAMES

Nigeria vs. South Korea, 12:30 p.m.
Greece vs. Argentina, 12:30 p.m.

GROUP C

	GP	W	D	L	GF	GA	Pts
Slovenia	2	1	1	0	3	2	4
U.S.	2	0	2	0	3	3	2
England	2	0	2	0	1	1	2
Algeria	2	0	1	1	0	1	1

WEDNESDAY GAMES

Slovenia vs. England, 8 a.m.
U.S. vs. Algeria, 8 a.m.

GROUP D

	GP	W	D	L	GF	GA	Pts
Ghana	2	1	1	0	2	1	4
Germany	2	1	0	1	4	1	3
Serbia	2	1	0	1	1	1	3
Australia	2	0	1	1	1	5	1

WEDNESDAY GAMES

Ghana vs. Germany, 12:30 p.m.
Australia vs. Serbia, 12:30 p.m.

GROUP E

	GP	W	D	L	GF	GA	Pts
x-Netherlands	2	2	0	0	3	0	6
Japan	2	1	0	1	1	1	3
Denmark	2	1	0	1	2	3	3
Cameroon	2	0	0	2	1	3	0

THURSDAY'S GAMES

Denmark vs. Japan, 12:30 p.m.
Cameroon vs. Netherlands, 12:30 p.m.

GROUP F

	GP	W	D	L	GF	GA	Pts
Paraguay	2	1	1	0	1	1	4
Italy	2	0	2	0	2	2	2
New Zealand	2	0	2	0	2	2	2
Slovakia	2	0	1	1	1	1	1

THURSDAY GAMES

Slovakia vs. Italy, 8 a.m.
Paraguay vs. New Zealand, 8 a.m.

GROUP G

	GP	W	D	L	GF	GA	Pts
x-Brazil	2	2	0	0	5	2	6
Portugal	2	1	1	0	7	0	4
Ivory Coast	2	0	1	1	1	3	1
North Korea	2	0	0	2	1	9	0

YESTERDAY'S RESULTS

Portugal 7 North Korea 0

FRIDAY GAMES

Portugal vs. Brazil, 8 a.m.
North Korea vs. Ivory Coast, 8 a.m.

GROUP H

	GP	W	D	L	GF	GA	Pts
Chile	2	2	0	0	2	0	6
Spain	2	1	0	1	2	1	3
Switzerland	2	1	0	1	1	1	3
Honduras	2	0	0	2	0	3	0

YESTERDAY'S RESULTS

Chile 1 Switzerland 0
Spain 2 Honduras 0

FRIDAY GAMES

Chile vs. Spain, 12:30 p.m.
Switzerland vs. Honduras, 12:30 p.m.

x - clinched berth in second round

all times MT

CHRISTOF KOEPSEL/GETTY IMAGES

David Villa of Spain fires a header at the goal yesterday in a World Cup match between Spain and Honduras in Johannesburg.

Spain returns to form

GROUP H RESULT

Spain 2 Honduras 0

Now that looked like a championship team.

David Villa scored two goals as Spain got its World Cup pursuit back on track with a 2-0 victory over Honduras yesterday.

Villa beat three defenders in the 17th minute before goalkeeper Noel Valladares got a touch to the Spain striker's rising shot but not enough to keep it out.

Villa scored his 40th international goal in the 51st when his shot from the edge of the area deflected off a defender to go over Valladares. But Villa missed a penalty kick in the 62nd, sending it wide right.

Spain has three points and can still win Group H with a victory over Chile, which earlier beat Switzerland 1-0 to lead with six points. Switzerland has three points and Honduras has zero.

"We think this first group is very difficult and we have a tough game against Chile," Villa said. "Being world champions is a long way down the road, there's a long time to go, and many matches as well."

Honduras barely remains alive in the tournament after losing to Chile 1-0 last week.

"We lacked conviction," Honduras coach Reinaldo Rueda said. "There's nothing much to explain except that we had a superior team in front of us."

Spain's win eased the disappointment of an opening 1-0 loss to the Swiss. THE ASSOCIATED PRESS

Honduras still has slim hopes

- For Honduras to make the round of 16, it must beat Switzerland in its last match and hope Chile defeats Spain.

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Portugal knocks out North Korea

GROUP G RESULT

Portugal 7 North Korea 0

Portugal revived its World Cup campaign with a 7-0 rout of North Korea in Group G yesterday, eliminating the Asian team from the competition.

Cristiano Ronaldo scored the sixth goal of the game, his first in a competitive match for the national team since the 2008 European Championship.

Ronaldo also set up Tiago's first goal in the 60th. Tiago added another for the 2006 World Cup semifinalists in the 89th, while Raul Meireles, Simao Sabrosa, Hugo Almeida and Liedson also scored.

"It was a great day for Portugal and Portuguese football," coach Carlos Queiroz said "The players are really happy with the way they played, the attitude for the game, the beautiful football, the beautiful goals."

The win moves Portugal into second place in Group G with four points, two behind Brazil. The Ivory Coast has one point, and North Korea is out of the tournament after two straight losses.

"Tactically speaking, we fell apart and we couldn't block their attacks," North Korea coach Kim Jong Hun said.

"It was my fault for not playing the right strategy and that is why we conceded a lot of goals."

THE ASSOCIATED PRESS

The 'Fridge' improving from immune system condition

The brother of former NFL star William Perry says the "Fridge" has some hearing loss but is improving from a condition in which the body's immune system attacks nerves. THE ASSOCIATED PRESS

17

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

Back from the brink

Federer survives scare in first round at Wimbledon

Six-time champion Roger Federer overcame a two-set deficit to avert a monumental first-round upset at Wimbledon, beating Alejandro Falla 5-7, 4-6, 6-4, 7-6 (1), 6-0 yesterday.

Federer has reached the tournament final each of the past seven years, but he barely survived the traditional opening match on Centre Court as defending champion.

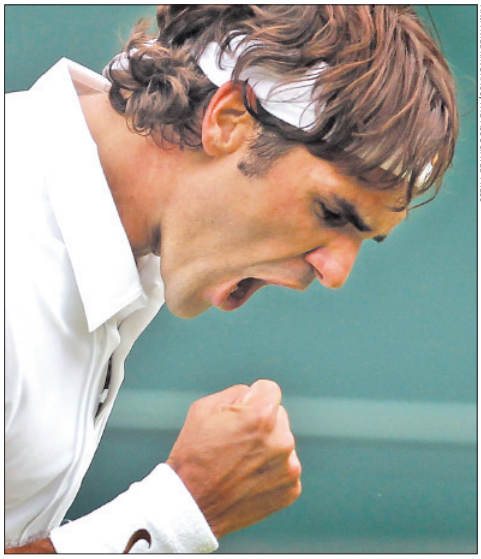
"I live another day," Federer said. "This one is one I should have lost. That's sometimes how grass-court tennis works."

Falla, ranked 60th, had lost all 11 sets in his previous four matches against Federer, but the Colombian played brilliant tennis to take charge of the match early. The turnaround came in the fourth set with Falla serving for the match and three points from victory, when Federer broke for only the second time.

He played his best tennis of the day after that.

It's the third time in a row he has won after losing the first two sets at a Grand Slam event, but the close call was a new experience in such an early round.

"You definitely feel uncomfortable," Federer said. "For me, it's not normal to be down two sets to love. Especially at Wimbledon and early on in Grand Slams, it's something I'm not quite used to."



ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS

Switzerland's Roger Federer yells after winning the third set against Colombia's Alejandro Falla at Wimbledon yesterday.

Triumph, defeat for Canadian women

- It was a mixed day for the Canadians in the women's draw. Aleksandra Wozniak of Blainville, Que., defeated Eleni Daniilidou of Greece 7-5, 7-5 while Stephanie Dubois of Laval, Que., dropped a 6-4, 6-4 decision to Kirsten Flipkens of Belgium.

In women's play, five-time champion Venus Williams beat Rossana de los Rios 6-3, 6-2.

THE ASSOCIATED PRESS

Bruins, Oilers won't tip hands on draft plans for top 2 picks

NHL The Edmonton Oilers and Boston Bruins, who own the top two picks in this weekend's NHL draft, have done all they can to evaluate top prospects Taylor Hall and Tyler Seguin.

Now the teams have to figure each other out.

The Oilers aren't saying which way they are leaning, hoping to extract some concessions from the Bruins in a trade that would allow Edmonton to still draft the player it wants at No. 1 overall. The Bruins insist that they will be happy at No. 2 with whichever skater the Oilers don't choose.

"Right now, as of today, we have one guy over the other. But it's very close," Bruins general manager Peter Chiarelli said yesterday. "Nothing is really imminent now. There's no pressure. There's really no need to talk in detail right now."

Chiarelli said he spoke again with Oilers counterpart Steve Tambellini over the weekend, but until the deadline of the draft looms larger the conversations don't seem to be zeroing in on a deal.

"We both don't want to play any cards to each other right now, if we have any to play," Chiarelli said.

Hall and Seguin, who tied for the Ontario Hockey League scoring lead, are the consensus top two picks in the draft, but there's little to separate them. Seguin was the league MVP; Hall is the only player in the 92-year history of the Memorial Cup to win the tournament MVP in back-to-back years. THE ASSOCIATED PRESS

Sports in brief

STAMPS Calgary Stampeders offensive lineman Matt Sheridan announced his retirement from football yesterday, but kept the door open for a possible return to the game. Sheridan signed with Calgary on Apr. 29, 2010. He spent eight seasons with the Blue Bombers and was twice named Winnipeg's most outstanding offensive lineman.

AHL Claude Noel has been named the new head coach of the AHL's Manitoba Moose. The 54-year-old from Kirkland Lake, Ont., joins the Moose after three seasons as an assistant with the Columbus Blue Jackets.

THE ASSOCIATED PRESS

SCOREBOARD

BASEBALL

YESTERDAY'S INTERLEAGUE RESULTS

Washington 2 Kansas City 1
Cincinnati at Oakland
N.Y. Yankees at Arizona

Health & Beauty

Fight pregnancy skin problems

hormones can cause many changes to women's skin in nine months

HEATHER BUCHAN
for Metro Canada

It's no surprise that hormones play an important role in the condition of our skin. And that's why pregnant women in particular are prone to a host of unnerving skin changes including acne, pigmentation and stretch marks.

It's increased levels in estrogen and progesterone that allow for a viable pregnancy, but it's these hormones that can also wreak havoc on the skin.

According to Danielle Edwards, the education manager at The International Dermal Institute, what happens to our skin during pregnancy is essentially out of our control.

Although that's no great comfort, she adds that you can combat pregnancy-related skin conditions simply by adjusting your skincare routine and being diligent about moisturizing your entire body every day.

Being diligent about moisturizing your body can help combat pregnancy-related skin conditions.

PIGMENTATION

The mask of pregnancy, formally called chloasma, mainly affects women with darker complexions. Essentially, it's discoloured patches of skin that form in a masklike configuration over the forehead, nose and cheeks.

This is because the cell that produces pigment, called the melanocyte cell, is controlled by estrogen, explains Edwards. The good news is that chloasma generally fades a few months after delivery.

Pregnancy also makes women more prone to hyperpigmentation, so freckles and moles become darker and more noticeable. Sun exposure can intensify discoloration, so avoid prolonged sun exposure and be sure to always wear SPF when outside.

"If you haven't been protecting yourself from the sun, hyperpigmentation becomes more difficult to treat at the end of the pregnancy," says Edwards.

STRETCH MARKS

Most women develop stretch marks across their belly and breasts.

"These marks are caused by tiny tears in the tissue that lies just below your skin and enables it to stretch," explains Edwards.

Depending on complexion, stretch marks can be pink, reddish-brown or dark brown. Like pigmentation, stretch marks generally fade after delivery. But the key to keeping them under control is to keep the skin supple by hydrating. Although no cream will actually stop the tearing of the skin as it stretches, applying moisturizing creams will increase the integrity of the skin.

And, Edwards recommends applying vitamin E to any stretch marks you notice forming. "It's a great skin healer," she says.

ACNE

The increase in estrogen and progesterone can cause sebaceous glands to release more oil, resulting in breakouts. Edwards warns that women who are prone to breakouts during their menstrual cycles are more prone to acne during pregnancy.

"On the whole, the way your body was before will govern the way it is during pregnancy," says Edwards.

Edwards recommends washing your face with a gentle cleanser both morning and night, using an oil-free moisturizer (to avoid clogging pores) and using a mild exfoliator once or twice a week.

Pregnant glow

• On the upside, many women enjoy a pregnancy "glow," which results from the greater blood volume circulating in the body, combined with a slight rise in body temperature. The skin not only plumps out, but it retains more moisture and has a soft, velvety texture that radiates.

Pregnancy skin care no-no's

Here are some tips on things to avoid doing while pregnant.

• Stay away from using pure essential oils on your skin, especially during the first and second trimesters as they can enter the bloodstream. Research is still being conducted on what type of effects they can have on fetuses.

• Avoid dermatological treatments that involve galvanic, high frequency, micro-current or laser and microdermabrasion as they pass an electrical current through the body.

• If you're unsure of any skin care ingredient, consult your doctor or dermatologist before using it.

METRO NEWS SERVICES

A natural way to keep babies clean

ECO-FRIENDLY Gentle enough on babies, and perfect for you; Live Clean Baby bar soap is an eco-friendly alternative for the entire family. Made using natural ingredients, this unique soap — perfect for delicate skin — is also petroleum free and hypoallergenic. Visit live-clean.com for more information.

METRO NEWS SERVICES

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How to stay intimate after giving birth

The J Spot
Josey Vogels
metronews.ca/thejspot

Ah, new motherhood. You're sleep deprived, overwhelmed, and your breasts are feeling more feedbag than fun bags. Sex? Yeah right. Especially given that it was sex that got you into this mess in the first place!

Well, as much as it may feel like you'd be okay to never have sex again, your partner might not be so keen on the idea. And remember, you once liked the guy enough to make a baby together. Surely, there's a spark at least smoldering in there somewhere for him.

But how do you go from smoldering to hot again?

TAKE IT EASY ON YOURSELF

There is no rule about when you should start having sex again. The postpartum period is a time of huge changes in your body, your hormones, your lifestyle, your sense of self and your relationship. Some women are ready for sex after six weeks, other six months. You'll know when you're ready.

TALK ABOUT IT

He can hardly know how you're feeling about sex if you don't tell him. And no, "Get your hands off me, it's enough with the baby sucking the life out of me without having you pawing at me" is not considered effective communication despite how true it may be. Assure him that you love him but you need him to be patient with you right now and tune into your needs.

MAKE A DATE

If you're not ready for sex, you can still be intimate. Date nights, baths, tender kisses and massages are all good ways to physically nurture each other until you're ready to have intercourse again.

LOVE YOURSELF

A lot of women feel like their body has been taken over by aliens after giving birth. Doing something nice for yourself — like getting a pedicure — will make you feel prettier, sexier and like you may actually have ownership of your body again one day. A trip to the gym will not only make you feel better physically, the endorphins and adrenalin will help kickstart your libido.

DON'T IGNORE YOUR GUY

New fathers sometimes feel rejected when he realizes mom's found a new first love – her baby. Make an effort to include him. For example, if you're breastfeeding you may want to invest in a breast pump so that you can fill bottles and let him feed and bond with the baby. And you're free to go for that pedicure!

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Get creative with your drinks
It's time to get creative. Now at Starbucks you can ask your barista to customize your Frappuccino with the new However-You-Want-It blended beverage. From your choice of milk and coffee (or lack of) to syrup and topping choices, there are hundreds of options! METRO NEWS SERVICES

Food

What's in a name?

A burger with your name on it will become a reality for one lucky beef lover with Harvey's latest contest. Until July 19, Canadians are encouraged to submit a name for the hamburger chain's newest premium, home-style patty served on a warm bistro bun. Visit Harveys.ca/facebook to offer your suggestion and an explanation, which makes you eligible to win $10,000. The new name will be announced on Aug. 16. METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

A warm match

Since it can be such a pain in the butt to grow – often promising heaven and then putting winemakers through hell – pinot noir has earned a reputation as the heartbreak grape. Even when it has the home vineyard advantage – as it does in France's Burgundy region – there's no guarantee of a happy ending.

That said; this fickle piece of fruit has surprised many by warming up to wineries in less traditional cooler climate areas like those in New Zealand and North America.

While the movie Sideways may have you thinking California is the only state squeezing some amazing juice out of pinot, the grape is the signature red of its northern neighbour Oregon; with the **Firesteed 2007 Oregon Pinot Noir** ($17.95 - $22.99) uncorking flowing cherry aromas and relaxed, soft strawberry-infused flavours.

Travel further north and across the border and you'll find some of the most impressive pinot on the continent growing in British Columbia. The value-priced **Mission Hill Family Estate 2008 Five Vineyards VQA Pinot Noir** ($16.45 - $17.99) offers loads of plump, ripe berry fruit.

Pinot Noir is a great warm weather red; matching with grilled chicken and meatier fish as well as it does laid-back summer menus.

Prices reflect the range across the country. Some products may not be available in all provinces.

Personal Gourmet recipe of the month

ROSE REISMAN

Sensational meal salads

Spinach Salad with Candied Pecans, Pears and Brie

PREP TIME: 15 MINUTES
COOK TIME: 15 MINUTES

This is the number-one salad in my catering company. The sweet and savory combination of cinnamon-sugared pecans, ripe pears and small morsels of brie is sensational. There is very little oil in this, but you won't miss it.

You can easily make this a main meal salad by adding some grilled chicken or shrimp.

SERVES 8

INGREDIENTS:
- 1/3 cup pecan halves
- 3 Tbsp icing sugar
- ¼ tsp cinnamon
- 1/8 tsp allspice
- 1/8 tsp nutmeg
- 8 cups baby spinach leaves
- 1 cup diced radicchio
- 1 large ripe pear, peeled, cored and diced
- 2 oz brie, diced
- 2 Tbsp orange juice concentrate, thawed
- 2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1 tsp minced garlic
- ½ tsp liquid honey
- ½ tsp Dijon mustard

METHOD:

1. Preheat the oven to 350°F. Spray a baking sheet with cooking oil.
2. Rinse the pecans with cold water. Drain, but do not let them dry. Combine the icing sugar, cinnamon, allspice and nutmeg in a small bowl. Dip the pecans in the sugar mixture, coating them well. Spread on the prepared baking sheet.
3. Bake for 15 minutes in the center of the oven. Remove and cool. When they're cool enough to handle, chop coarsely.
4. Combine the spinach, radicchio, pear and brie in a large serving bowl.
5. Whisk the juice concentrate, oil, vinegar, garlic, honey and mustard together in a small bowl. Pour the dressing over the salad and toss to coat. Garnish with the candied pecans.

Per Serving: Calories 189; Protein 4.2 g; Fat 12 g; Saturated Fat 2.7 g; Carbohydrates 13 g; Cholesterol 9 mg; Sodium 105 mg; Fiber 2.6 g

Above: Spinach Salad with Candied Pecans, Pears and Brie. Right: Shrimp, Avocado and Feta Salad.

Shrimp, Avocado and Feta Salad

PREP TIME: 15 MINUTES
COOK TIME: 3 MINUTES

This amazing salad is so filling you'll need only a small portion. Dice the avocado just before you're ready to serve, or squeeze some lemon juice over it to prevent browning if you prepare it earlier in the day.

Always be sure to weigh your shrimp after it has been peeled. For each pound of peeled shrimp, you need to purchase approximately 1¼ pounds of shrimp in the shell. Purchase cooked cocktail shrimp if you don't want to bother cooking raw shrimp.

SERVES 6

INGREDIENTS:
- 16 oz large shrimp, peeled and deveined
- 3 cups diced and seeded plum tomatoes
- 1 cup diced ripe avocado
- 1/3 cup chopped cilantro or parsley
- ¼ cup diced red onion
- ½ cup light feta cheese, crumbled
- 2 Tbsp olive oil
- 2 Tbsp freshly squeezed lemon juice
- 1 ½ tsp minced fresh garlic
- 1 tsp minced jalapeño pepper or 1 tsp hot sauce
- pinch salt and freshly ground black pepper

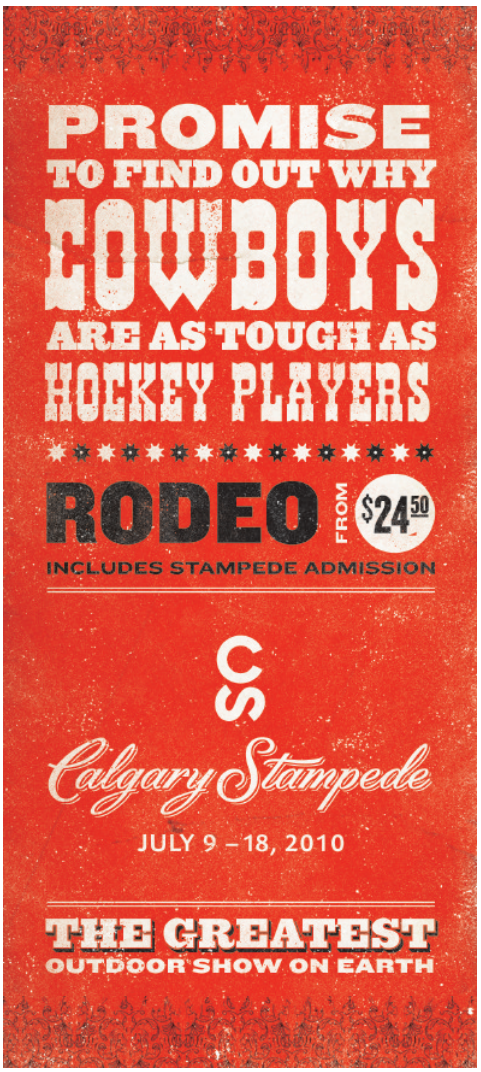
METHOD:

1. Spray a non-stick skillet with cooking oil and place over medium-high heat. Cook the shrimp just until pink, about 3 minutes. Remove from the heat, cool and dice.
2. Combine the shrimp with the remaining ingredients in a large serving bowl and mix thoroughly. Serve immediately.

Per Serving: Calories 229; Protein 19 g; Fat 13 g; Saturated Fat 3.6 g; Carbohydrates 6 g; Cholesterol 127 mg; Sodium 334 mg ; Fiber 2.6 g

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca



Plus applicable taxes and fees

Family Feud

Levi Johnston's attorney is taking exception with a blog kept by his client's sister, Mercede. Rex Butler says that while Mercede Johnston is free to write what she wants, she won't be privy to information from anyone with Team Levi. And Butler said Levi's team isn't sharing information about his plans, movements or other actions. THE ASSOCIATED PRESS

Entertainment

Growing Pains

It's news that might bring tears to the eyes of Justin Bieber's many faithful fans: the 16-year-old pop sensation admits his voice is changing. THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

A way with words

Passionate rhymes fuel Canadian rapper

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

When I heard D-Sisive's first EP, The Book, two years ago, I was absolutely floored.

The rapper, whose real name is Derek Christoff, spoke brutally honestly about his parents' death — his father died in 2006 of psoriasis of the liver; his mother passed away of breast cancer in 1997.

Since then he has developed a rabid fanbase and while he's a strong rapper, it's his passionate rhymes that he hopes people will remember him for. "I'm not trying to be the best rapper alive," he says tells Metro. "My goal is to be respected as a songwriter."

That's why he says he's been "harassing" Ron Sexsmith to sing on one of his records for years. "He's got a career that I pray I can have," says Christoff. "He's respected by the best songwriters in the world."

Sexsmith finally sang on D-Sisive's new record — Vaudeville — on the song Liberace, about homosexually and having to hide your real self.

Christoff may have to put out a few more albums before Sexsmith fans such as Elvis Costello and Paul McCartney start singing his praises, but make no mistake, it's going to happen. D-Sisive doesn't focus on his parents' death, and self-sabotaging his first chance at a rap career (he was courted by majors in the early 2000s) like he did on his EP and subsequent two LPs, but his words are no less direct and though-provoking.

The reggae-tinged Never Knew Me could be about a failed relationship, or perhaps he's looking back at his old, ego-driven self.

It also helps that he has a sense of humour. While his first records, especially The Book, were bleak, Vaudeville is full of pop culture references and genuinely funny moments.

D-Sisive's new album, Vaudeville, features guest vocals by singer-songwriter Ron Sexsmith. It is available today.

Christoff purposely made a lighter record, starting with the title of the disc. "When I referred to this record I said it will be my song and dance disc," he says. "It wasn't going to be another 'I'm so sad, no one likes me album' — I'm going to get happy and bring the jiggy back."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

Tell us what you are recording @metrocalgary

PVRTweets

@steveshrout My kids record their shows... Hannah and others so they can watch them 10x.

@majorsquirrel the magic bullet infomercial … Can't wait for that! I've almost memorized the whole thing

@mzhalfer hockey (flames games, playoffs), basketball (NBA Finals), and soccer (only for world cup)

@FerCarneiro My Name Is Earl

@KobeHodson South Park

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CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/22/10 primetime	267	351 - ACCESS	Alberta Primetime (Live)		Raising the Bar		White Collar (Premiere)		White Collar		Primetime
	243	317 3 CFCN	etalk	Access H.	The Mentalist		Criminal Minds		(10:01) Downfall (N)		CTV News
	-	- 4 OMNI	King	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Wipeout (N)		(10:01) Downfall (N)		Mind Games
	245	306 6 CBRT	Coronation St.	World Cup Soccer Group Stage: Korea Republic vs. Nigeria. (HDTV)					CBC News: The National		Soccer
	244	338 7 CICT	ET Canada	Entertainment	The Good Wife (HDTV)		Wipeout (N)		NCIS: Los Angeles		News Hour
	246	- 8 CKAL	Survivorman (DVS)		Hell's Kitchen (PA) A twist surprises everyone. (N)				America's Got Talent Audition continue.		
	119	705 9 CBXFT	Squelettes	Tout	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal	TJ Alberta	Sports FIFA
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	-	372 12 KREM	News	Access H.	The Doctors		NCIS "Flesh and Blood"		NCIS: Los Angeles		The Good Wife
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	-	370 16 KHQ	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	Losing It With Jillian (N)		America's Got Talent Audition continue.		
	-	373 22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	Hell's Kitchen (PA) A twist surprises everyone. (N)				News
	297	652 37 WPIX	Life Unexpected (HDTV)		PIX News at Ten (N)		Two/Half Men	Friends	Friends	According-Jim	Family Guy
news	500	500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)				Larry King Live		Cooper 360
	508	502 31 CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight		The Joy Behar Show		Nancy Grace
sports	400	400 21 TSN	Golf Telus Skins Game. (HDTV)		SportsCentre (HDTV)			Off the Record	Motoring 2010 (HDTV)		Score Golf
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	410	403 30 SCORE	European Poker Tour		FIFA World Cup Tonight		Score Now		Score Now		Cup Tonight
	411	457 44 OLN	Operate-Repo	Operate-Repo	UFO Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters
	417	406 48 SPEED	Bullrun (HDTV)		Race in 60 (HDTV) (N)		Monster Jam (HDTV)		Bullrun (HDTV)		Race in 60
family	552	543 20 YTV	iCarly	To Be Indie	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	To Be Indie
	557	541 39 FAM	Han. Montana	Wizards-Place	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	555	545 67 TOON	Jimmy Two	Johnny Test	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
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	521	560 24 TLC	Little Couple	Happy Family	Little Couple	Little Couple	Cake Boss	Cake Boss	Little Couple	Happy Family	Little Couple
	603	561 25 FOOD	Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant Makeover		Diners, Drive	Unwrapped	Dinner Impossible
	615	520 26 A&E	Intervention "Amy P."		Intervention Ashley.		Paranormal	Paranormal	(10:01) Intervention		Intervention
	617	522 32 SHOW	Trailer Park	Trailer Park	The Guard (HDTV)		*Accidental Friendship* (2008, Drama) Chandra Wilson.				Californication
	601	562 33 SLICE	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada	What Happen?	Housewives/OC		Housewives
	-	633 34 ENC2	Inconvenience	(7:20) *Believe* ★★ (2000, Horror)			*To Have and Have Not* (1944, Adventure)			*Adam Had Four Sons (1941)*	
	520	505 35 DISC	Destroyed	Destroyed	Deadliest Catch (N)		Daily Planet		Destroyed	Destroyed	Deadly Catch
	620	523 36 BRAVO	(6) *Callas Assoluta*		Spectacle: Elvis		Law & Order "Sundown"		Without a Trace		*Wit* (2001)
	294	650 40 WPCH	(6) MLB Baseball Atlanta Braves at Chicago White Sox.				Seinfeld	Seinfeld	Law & Order: SVU		*The Contender*
	626	547 41 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Conchords
	-	539 42 TCM	(6) *No Time for Sergeants*		(8:15) *Buck Privates* ★★★ (1941, Comedy)				*See Here, Private Hargrove* ★★★ (1944)		
	628	584 43 SPIKE	Scariest Police Shootouts! 2		Deadliest Warrior (HDTV) (N)		Blue Mountain	Blue Mountain	DEA (HDTV)		CSI: Cri. Scene
	522	516 45 HIST	Greatest Tank Battles		Ancient Weather (HDTV)		Cities of the Underworld		Pawn Stars	Pawn Stars	MysteryQuest
	627	528 46 SPACE	The Listener (DVS)		Defying Gravity (DVS)		Stargate SG-1 (DVS)		Doctor Who "New Earth"		The Listener
	-	- 47 AMC	(6) *The Specialist* ★★ (1994, Action)			(8:45) *True Lies* ★★★ (1994, Action) Arnold Schwarzenegger, Tom Arnold.					
	619	525 49 TROP	Restaurant Makeover		Colin & Justin's Home Heist		Wife Swap (N)		Wife Swap (N)		Restaurant
	600	564 50 HGTV	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes on Homes		Sarah's House	Genevieve	Design School
	501	391 52 CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	504	508 70 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
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	581	566 102 MTV	The City	The Hills	The Hills (N)	After	MTV Live	Sex, News-Roll	1 girl 5 gays	The City	The Hills (N)
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critics'corner

The Good Wife
She's only after him for his body ... of knowledge. Alicia (Julianna Margulies) is working with Will (Josh Charles) on the appeal of a death-row inmate who was convicted on Peter's (Chris Noth) watch. To get some needed information on the case, she agrees to a conjugal visit with her imprisoned hubby. 8 PM on CICT

Losing It With Jillian
Jillian moves in with the Northerns, a family that needs motivation to get back on the right track after the father, Patrick, loses his job, a tough break that makes wife Kim the sole breadwinner. To help them redirect their lives, Jillian urges them to throw out a deep-fat fryer that has contributed to their collective weight gain. 9 PM on KHQ

Downfall
Talk about your "high-concept" game shows! In this new series, contestants answer trivia questions atop a tall building in the middle of a city in hopes of winning cash and prizes. If they miss a question, their loot on a conveyor belt goes sailing off the side of the building — followed eventually by the players' harnessed friends and family members in a "controlled fall" if things get even worse. 10:01 PM on CFCN KXLY

DVD picks

Green Zone

Director: Paul Greengrass

PAUL GREENGRASS IS part journalist and part action filmmaker, switching between docudramas such as United 93 to commercial blockbusters like the two Jason Bourne movies he's made with Damon. Both sides of Greengrass's personality are on display in Green Zone, which many people will understandably think of as "Bourne goes to Baghdad."

Damon plays Chief Warrant Officer Roy Miller (Damon), a U.S. Army stalwart tasked with rooting out and destroying WMD sites at the start of the Iraq War. When bust after bust comes up snake eyes, Miller becomes disillusioned with his work and suspicious of the reasons for it. Miller isn't alone in his doubts. Wall Street Journal reporter Lawrie Dayne (Amy Ryan) has similar suspicions, and so does CIA operative Martin Brown (Brendan Gleeson).

Much of this is Damon acquits himself beautifully as Miller, convincingly playing a righteous Army renegade — he seems to have lowered his voice an octave to punch home his words.

Peter Howell/for Metro Canada

Judge revisits Nicole Smith death
Larry Seidlin, the flamboyant judge brought to fame in the fight over Anna Nicole Smith's remains says he believes someone is guilty of manslaughter in the starlet's death and second-guesses his own decision over where she is buried in a book to be released today. THE ASSOCIATED PRESS

Fleury's life play by play

Ex-Calgary Flame working on stage version of own story

Theoren Fleury says he considered playing himself in a stage play about his life, but then decided an actor should portray him instead.

Alberta Theatre Projects is developing a one-man play based on the former Calgary Flames forward's life story called Don't Quit Before The Miracle.

Fleury played 15 seasons in the NHL despite his hard battles with drugs and alcohol. He won a Stanley Cup in 1989 with the Flames and an Olympic gold medal in 2002.

He doesn't have acting experience, but initially wanted to present the many highs and lows of his life to a theatre audience.

"I really felt it would have more bang for its buck if it was me there, going through all these different phases of my life," Fleury said yesterday in the Martha Cohen Theatre.

"But obviously not having enough acting experience, it was really bizarre trying to get to those same places and those same feelings and bringing those out. We'll leave that up to a professional actor and I'm sure he'll be able to get to those places that I couldn't."

The 41-year-old from Oxbow, Sask., made headlines last fall after alleging in his autobiography Playing With Fire that he was sexually abused several times by his former junior coach Graham James.

Kirstie McLellan Day co-authored Fleury's autobiography and also wrote the script for the stage play.

"The theatre is just another avenue to present the story, to tell people that it's OK, you're going to be OK and that you can survive this and in the end, have a really great life despite everything that's happened," Fleury said.

THE ASSOCIATED PRESS

LARRY MACDOUGAL/THE CANADIAN PRESS

Alberta Theatre Projects is developing a one-man play based on former Calgary Flames forward Theoren Fleury's life story called Don't Quit Before The Miracle.

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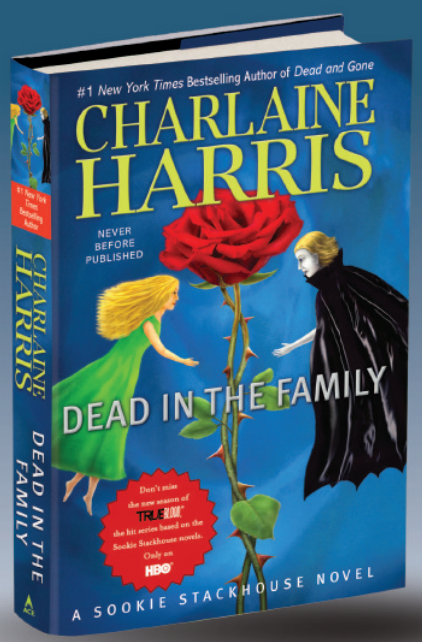

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Audrina Patridge stalker to undergo psychiatric evaluation for choosing to stalk Audrina Patridge
A man arrested outside Audrina Patridge's home has pleaded no contest to stalking The Hills star and will undergo psychiatric evaluation. Deputy District Attorney Wendy Segall says Zachary Loring entered the plea yesterday in Los Angeles. THE ASSOCIATED PRESS

Celebrity Buzz

One year later, Jackson kids lead 'normal' lives

'NORMAL' BEING RELATIVE TO LIVING IN A PLACE CALLED NEVERLAND AND NOT BEING ABLE TO LEAVE IT WITHOUT WEARING A BLANKET ON YOUR FACE They are show business royalty, heirs of the King of Pop. Someday, they will be very rich. But a year after their father Michael Jackson's death, Prince, Paris and Blanket Jackson are normal kids full of fun and pranks, devoted to each other and to their grandmother who is their guardian, according to a lawyer who sees them frequently.

They talk about their father and his presence is everywhere in the ranch-style house in the San Fernando Valley where they live. Pictures and memorabilia adorn the walls. The gated compound has additional residences where other members of the family have lived over the years.

THE ASSOCIATED PRESS

Prince Harry's back on the market

HEY, HARRY: I HEAR BOMBSHELL MCGEE IS STILL SINGLE After six years of on-again and off-again romance, Prince Harry and Chelsy Davy have called it quits, according to the News of the World. "We're finished," Davy reportedly told pals. "This is a new beginning for me. I want to start my career in South Africa where I plan to spend the rest of my life. I don't want to live in Britain." A source tells the newspaper that the split was a long time coming: "It was a gradual end to the relationship. It whimpered out."

METRO WORLD NEWS

Klein heads to rehab

MAYBE HE GOT TARA REID'S OLD ROOM After his arrest last week for driving while in intoxicated on an L.A. freeway, actor Chris Klein has checked into rehab, according to People magazine. The American Pie star admitted himself into the Cirque Lodge in Utah to undergo a 30-day alcohol treatment program. "After recent events, Chris was forced to take a clear look at a problem he has been trying to deal with himself for years," his rep tells the magazine. "He understands now that he can not beat this disease alone."

METRO WORLD NEWS

Source: Lohan definitely drinking at MTV Awards

GET YOUR CREATIVE WRITING HATS ON, LOHANS: YOU'RE GONNA NEED TO COME UP WITH A NOBEL-CALIBRE EXCUSE FOR THIS ONE Despite the fact that her test for alcohol in her system came back clean after the MTV Awards earlier this month, sources say Lindsay Lohan was definitely drinking the night her alcohol-monitoring anklet went off. "There was absolutely no doubt that Lindsay was drinking, and the report that the alcohol monitoring service provided to Judge Revel was very detailed and extremely reliable," a source tells Radar Online. "The report also says that Lohan's SCRAM bracelet had indeed been tampered with, and this is one of the reasons that Judge Revel determined that Lindsay violated terms of her bail."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

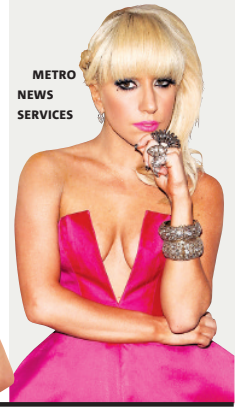
LADY GAGA knows how to throw a party, **JEWEL** is keeping busy on tour, **SEAN "DIDDY" COMBS** is still bragging about something (he can't help himself), and **BEN STILLER** envies his pal.

@ladygaga Love my whiskey hangover+angry texts from my best friend who barely remembers her bday. DONT PUT ME IN CHARGE IF U DONT WANT IT DONE RIGHT

@jeweljk So excited-introducing my bus driver to hot yoga this morning-ha

@iamdiddy I'm in a great mood today people!!!! I'm alive!

@RedHourBen Lance Armstrong is the only guy in the world who can tweet while getting a massage and be cool.



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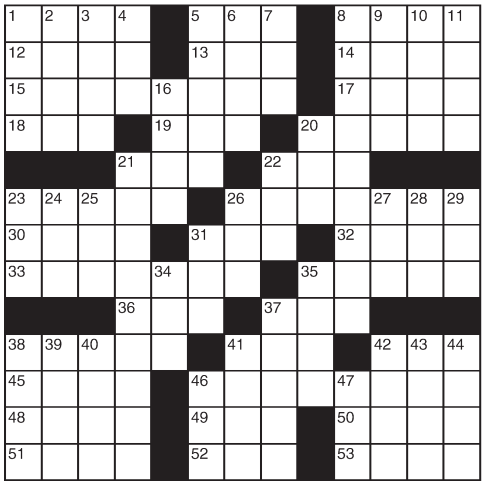
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS AT 6 A.M.

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8		7	3		9	1		6
		6				8		
	4						3	
		5	8		4	2		
3								1
		2	9		6	7		
	8						2	
		4				9		
5		1	7		2	3		4

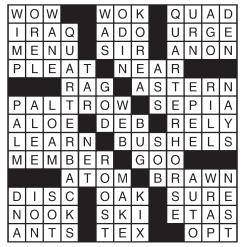
ACROSS

1 Bedouin
5 Spade or club, e.g.
8 Tel —
12 Pop flavor
13 "Born in the —"
14 Tardy
15 Blissful
17 Springlike melody
18 Moines preceder
19 Donkey
20 Dessert "there's always room for"
21 Not post-
22 Gear tooth
23 Passport endorsements
26 Re a city's leader
30 Hebrew month
31 Poke
32 Portrayal
33 In the not-too-distant future
35 Handle effectively
36 Joke
37 Pouch
38 The fifth element
41 Trench
42 Sapporo sash
45 Unoriginal one
46 Dating from long past
48 Indian princess
49 Blond shade
50 Frail
51 United nations
52 Tackle moguls
53 Inquisitive

DOWN

1 Served perfectly
2 Libertine
3 Swiss range
4 "Hum-bug!"
5 Pocket-book
6 Wife of Osiris
7 Lobbying grp.
8 Having hidden spiritual meaning
9 Colorado skiing mecca
10 "— have to do"
11 Kill a bill
16 Galley supply
20 Happiness
21 Pain reliever
22 Taxi
23 Anatomical duct
24 Bachelor's last words
25 "Casablanca" pianist
26 Potentially will
27 Shad product
28 The whole enchilada
29 Started
31 Binge
34 Rose-anne's TV hubby
35 Lightbulb measure
37 Cold rice recipe
38 Zinger
39 October birthstone
40 Nevada city
41 Put on the line
42 Sandwich cookie
43 Prejudice
44 Gross
46 Possesses
47 Possess

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	1	2	4	5	6	3	9	8
6	4	8	9	1	3	2	7	5
3	9	5	7	8	2	4	1	6
9	2	3	1	6	4	5	8	7
1	5	4	8	9	7	6	2	3
8	7	6	3	2	5	9	4	1
4	8	1	6	3	9	7	5	2
2	3	9	5	7	1	8	6	4
5	6	7	2	4	8	1	3	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Grilled Salmon Salad

INGREDIENTS:

8 cardamom pods, crushed
1 tsp cumin seeds
Grated zest and juice of 1 lime
Juice of 1 orange
1 tbsp soy sauce
1 tbsp honey
4 pieces skinless salmon fillet
4 cups mixed salad leaves
1 mango, peeled and cubed
1 papaya, peeled, seeded and cubed
1 orange, peeled and segmented
Salt and pepper

METHOD:

1. Heat small skillet over medium heat. Scrape seeds from cardamom pods; add to pan with cumin seeds. Toast for few seconds to release aromas and remove to shallow non-metallic dish.

2. Add lime zest and juice, orange juice, soy sauce and honey to seeds; add salt and pepper. Lay salmon in dish and turn to coat. Cover and marinate 30 minutes.

3. Preheat broiler. Place salmon on broiler pan and broil 4 to 5 minutes on one side only; salmon fillets should still be slightly translucent in centre. Meanwhile, pour marinade into small pot and bring just to boil.

4. Arrange salad greens on four plates. Scatter mango, papaya and orange over. Place cooked salmon on top and drizzle with warm marinade. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
For every effect there must be a cause and your task today is to find out why certain less than welcome events occurred.

TAURUS ♉
APRIL 21-MAY 21
You may honestly believe that there is nothing you cannot do but don't get so carried away that you make an embarrassing mistake.

GEMINI ♊
MAY 22-JUNE 21
Try not to rely too much on other people today. They may sound convincing but they probably don't know what they are talking about.

CANCER ♋
JUNE 22-JULY 22
Something will catch you out or take you by surprise today, but chances are you won't mind. You'll try anything once — more if you like it.

LEO ♌
JULY 23-AUG 23
Be careful you don't agree to something that is not in your best interests. You may want to help others but it's your happiness that counts.

VIRGO ♍
AUG 24-SEPT 22
You are entitled to feel pleased with what you have achieved in recent weeks, but don't stop there. That was just the first stage.

LIBRA ♎
SEPT 23-OCT 23
You may think you know what you want but Uranus, planet of surprises, could upset your plans if you take anything for granted.

SCORPIO ♏
OCT 24-NOV 22
You seem to be finding it hard to put your thoughts into words at the moment, but that's okay because it's actions that count.

SAGITTARIUS ♐
NOV 23-DEC 21
You may have come through recent difficulties relatively unscathed but don't push your luck.

CAPRICORN ♑
DEC 22-JAN 20
Others may think that your ideas are mad, bad or even dangerous, but who cares about them? The more others complain the more you'll enjoy it.

AQUARIUS ♒
JAN 21-FEB 18
You have kept your passions under strict control in recent weeks, but now you need an outlet for all that pent-up emotional energy.

PISCES ♓
FEB 19-MARCH 20
You have taken a wrong turning and need to retrace your footsteps to the point where you wandered away from the path you were supposed to take.

This day in history

1825: The British Parliament abolishes feudalism and the seigneurial system in British North America.
1898: Spanish-American War: United States Marines land in Cuba.
1941: Germany invades the Soviet Union in Operation Barbarossa.
1962: An Air France Boeing 707 jet crashes in bad weather in Guadeloupe, West Indies killing 113.
1976: The Canadian House of Commons abolishes capital punishment.
1984: Virgin Atlantic Airways launches with its first flight from London Heathrow Airport. METRO NEWS SERVICES

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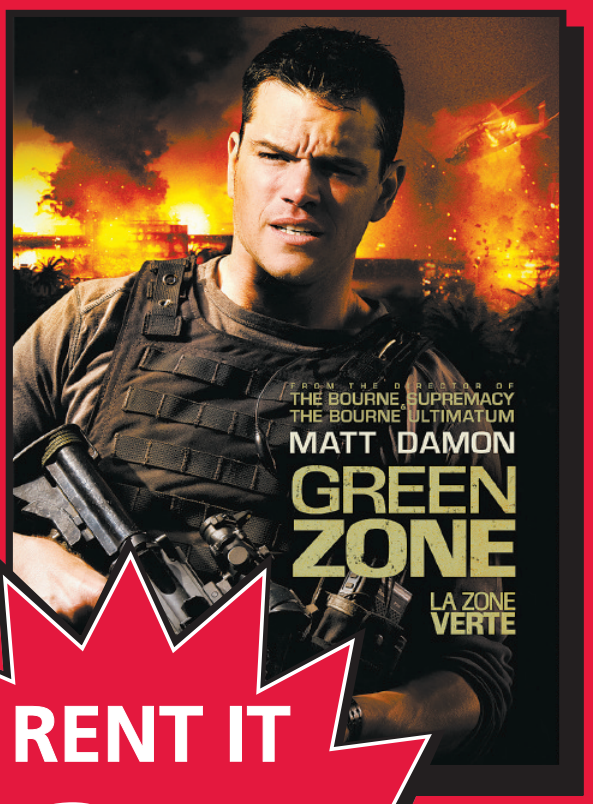

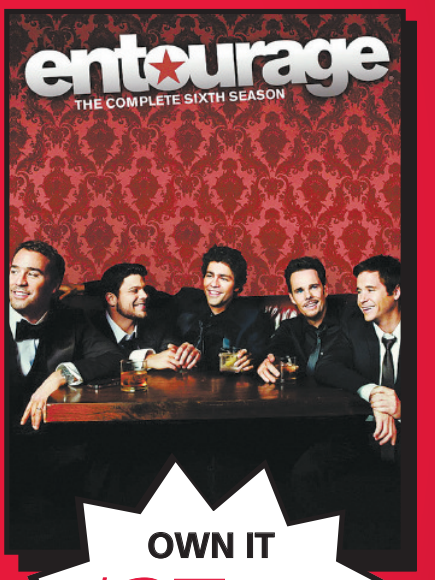

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